

Bruce Lee's Jeet Kune Do Revival – Taking Perth Martial Arts Community By Storm

Jason Whitewood May 14, 2013



Learn Jeet Kune Do at Combat Defence Systems

Perth Martial Arts Academy Combat Defence Systems promotes reality base self defence with Bruce Lee's Jeet Kune Do Concepts.

(Newswire.net -- May 14, 2013) Perth, WA -- Local Martial Arts Academy Combat Defence Systems has not only one, but two certified Jeet Kune Do Instructors. Owner and head instructor Gino Vallelonga and senior instructor James Flain are the only

certified instructors in Perth, Western Australia, authorized to teach Jun Fan Jeet Kune Do and Filipino martial arts. Both Gino and James have been certified personally by Guro Dan Inosanto, founder of the Inosanto International Instructors Association. Guro Dan Inosanto was Bruce Lee's best friend, protégé and training partner and is a world authority on Jeet Kune Do Concepts (JKD) and Filipino martial arts.

Gino Vallelonga gives us an insight into this unique martial art and tells us why he's so passionate about promoting to the Perth community the concepts and philosophies which were founded by legendary martial artist Bruce Lee.

Jeet Kune Do's translation 'The way of the intercepting fist' was a term coined by Bruce Lee because of his preference of intercepting an incoming attack rather than first defending and then mounting an attack of his own. With its simplistic approach and efficiency JKD is the ultimate [Combat Defence System](#).

Jeet Kune Do or 'JKD' is primarily a reality based martial art, a philosophy and concept, a journey of self-discovery in which Bruce Lee spent years studying many styles of martial arts to find his own truth in combat. What he discovered was that most martial arts were generally focused on one or two ranges of combat but most martial arts did not have the tools to deal with all ranges of combat. Jeet Kune Do aims to flow seamlessly from one art to another, given the requirements of the situation in any range of combat without pre arrangement.

[Jeet Kune Do](#) concepts is essentially a mixed martial art with a difference. There are no rules and both empty hand and the use of weapons are taught. There are also no limitations in the way of styles or tradition. The martial arts of Muay Thai, Boxing, Brazilian Jui Jitsu, Shoot wrestling, Wing Chun, Savate, the Filipino martial arts of Silat and Kali/Escrima and many more are all utilized within Jeet Kune Do.

Combat Defence System's Jeet Kune Do lineage comes from its founder Bruce Lee through Guro Dan Inosanto. For the first time, Perth has a martial arts academy teaching the original Jun Fan Gung Fu curriculum and Jeet Kune Do concepts.

"With physical assaults becoming more and more prevalent in our community, we are seeing a rise in the number of people wanting to learn how to protect themselves and their family. To be able to teach and share this martial art for that exact reason is an absolute passion. That's the best part of JKD, it's not a sport. It is a reality based art. A martial art that actually prepares you and teaches you how to deal with a real life situation should it ever arise." says Gino Vallelonga, owner of Perth Martial Arts Academy - Combat Defence Systems.

Learn Jeet Kune Do at Perth's Martial Arts Academy Combat Defence Systems. Secure your free lesson [here](#)

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